



Register Number:

Date:

ST. JOSEPH'S UNIVERSITY BANGALORE-27
B.Sc. B.A. B.COM - IV SEMESTER
SEMESTER EXAMINATION: MAY 2023
SAOE 4 – SAMSKRIT OPEN ELECTIVE

Time- 2 hrs

Max Marks-60

I. Chose the correct answer

20×1=20

1. What is the meaning of Yuj?
 - a) Unite
 - b) Yoke
 - c) a) and b) is incorrect
 - d) Both a) and b)

2. How many limbs of Yoga exist?
 - a) 8
 - b) 6
 - c) 3
 - d) 10

3. Modern Yoga is most commonly associated with
 - a) Mind
 - b) Spirit
 - c) Breathing
 - d) Physical practice

4. What is the meaning of the word 'Asana'?
- a) Meditation
 - b) Posture
 - c) Liberation
 - d) Divine
5. Patanjali yoga sutra provides an _____ path of practice
- a) Six fold
 - b) Ten fold
 - c) Eight fold
 - d) Five fold
6. What is karma?
- a) Devotion
 - b) Action
 - c) Knowledge
 - d) Self-discipline
7. Meditation is
- a) A part of yoga
 - b) Not related to yoga
 - c) The same as yoga
 - d) None
8. How many Padas exist?
- a) 3
 - b) 2
 - c) 4
 - d) 8
9. The word yoga is derived from
- a) Ya
 - b) Ga
 - c) Gu
 - d) Yug

10. Which of the following is a physical practice of yoga?
- a) Pranayama
 - b) Meditation
 - c) Asanas
 - d) None
11. What is the purpose of Pranayama in yoga?
- a) To improve flexibility
 - b) To improve mental concentration
 - c) To regulate the breath and enhance life force energy
 - d) All of the above
12. Which of the following is a common meditation technique?
- a) Transcendental meditation (TM)
 - b) Mindfulness meditation
 - c) Loving-kindness meditation
 - d) All of the above
13. What is the goal of meditation?
- a) To achieve a state of deep relaxation
 - b) To increase focus and concentration
 - c) To cultivate inner peace and awareness
 - d) All of the above
14. Which of the following is NOT a benefit of practicing yoga?
- a) Improved physical health
 - b) Reduced stress and anxiety
 - c) Enhanced cognitive function
 - d) Increased risk of injury
15. What is the role of a mantra in meditation?
- a) To create a calming sound
 - b) To focus the mind and prevent distractions
 - c) To achieve a state of deep relaxation
 - d) None of the above
16. Which of the following is a common yoga breathing technique?

- a) Kapalabhati
- b) Bhramari
- c) Ujjayi
- d) All of the above

17. What is the purpose of practicing yoga?

- a) To achieve physical fitness
- b) To cultivate inner peace and spiritual awareness
- c) To achieve enlightenment
- d) All of the above

18. Which of the following is a potential side effect of meditation?

- a) Increased stress and anxiety
- b) Reduced cognitive function
- c) Increased sense of self awareness
- d) None of the above

19. What is the difference between yoga and meditation?

- a) Yoga is physical while meditation is mental
- b) Yoga involves movement while meditation involves stillness
- c) Yoga and meditation are different practices with different goals
- d) All of the above

20. What is the Sanskrit term for harmony in yoga?

- a) Ahimsa
- b) Satya
- c) Samadhi
- d) Santosha

21. Which of the following is NOT a principle of yoga philosophy that promotes harmony?

- a) Non violence
- b) Truthfulness
- c) Greed
- d) Contentment

II. Answer in about 200 words

2×10= 20

22. What is the philosophy of yoga and how does it relate to the practice of asanas? Discuss the eight limbs of yoga in detail.

23. How does the regular practice of yoga benefit the human body and mind? Explain with examples.

24. What is the significance of meditation in the practice of yoga? How can it be used to achieve mental and emotional balance?

III. Answer in about 100-150 words.

4×5=20

25. What are the advantages of Yoga?

26. What is the way of practicing Dharana?

27. What is meditation?

28. Describe about Systematic breathing for life.

29. What is the Pratyahara?